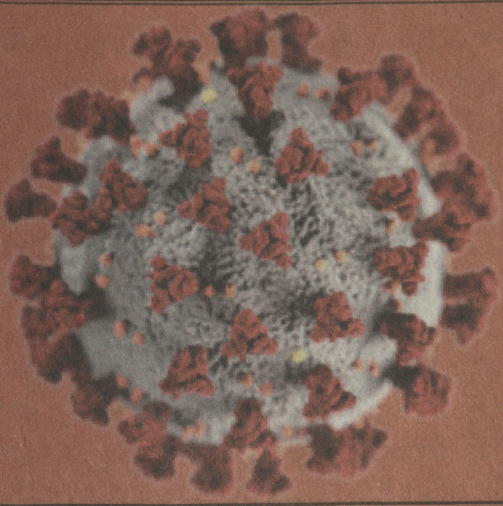


THE FLYER



Wednesday, March 11, 2020 / Student-run newspaper



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ABOUT

The Flyer is Salisbury University's student newspaper-composed by students for students. The organization was established in 1972 to keep to SU community informed and entertained.

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The Flyer strives for accuracy and corrects its errors immediately. If you believe a factual error has been printed, feel free to contact the staff. Thank you.

NEWS

Racist vandalism returns to Salisbury University

By HALEY TAYLOR/ Staff writer

VANDALISM-Two incidents of racist vandalism occurred Feb. 19 in a Henson Hall stairwell and on a Fulton Hall door, marking the fifth and sixth occurrence on Salisbury University's campus.

The graffiti first appeared in the Henson Hall stairwell closest to Devilbiss Hall around 2 p.m. and was quickly reported to the authorities. The perpetrator once again made violent threats against African American students.

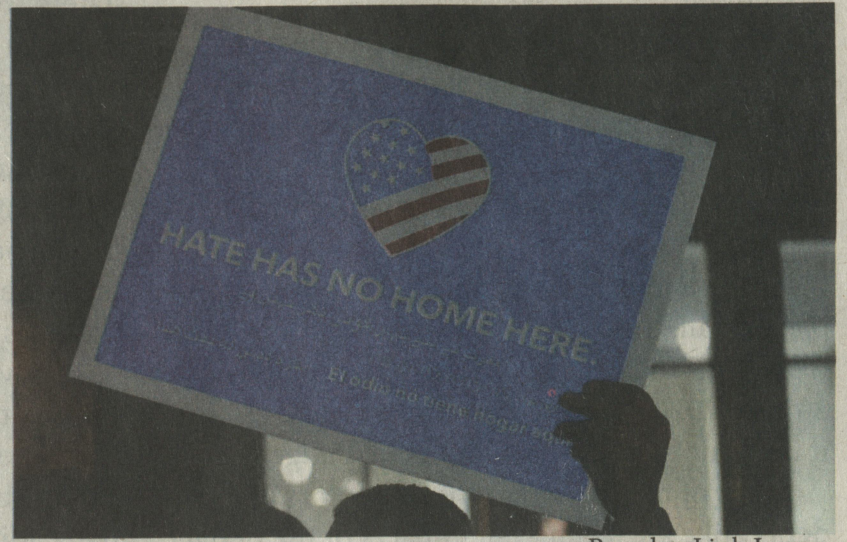
Later that same evening, another piece of graffiti was found, echoing the first. The graffiti appeared on a door on the second floor of Fulton Hall.

This marks an escalation of threat, as it is the first time two acts of vandalism have occurred on one day. Additionally, it is the first piece of graffiti to not appear in a stairwell.

Some students were outraged over this vandalism, especially over its violent mockery of Black History Month.

A small crowd of student leaders formed outside of the Henson Hall stairwell as police finished their crime scene investigation and the graffiti was painted over. The gathering was led initially by the Student Government Association Director of Diversity and Inclusion Dorien Rogers.

"I'm tired. I'm tired, but I'm still going to show up. I'm still going to fight, I'm still going



Brendan Link Image

to fight, I'm still going to fight," Rogers said.

Administration did come to the gathering to help assuage student leaders' concerns, echoing the emails and text messages released by President Charles Wight's office.

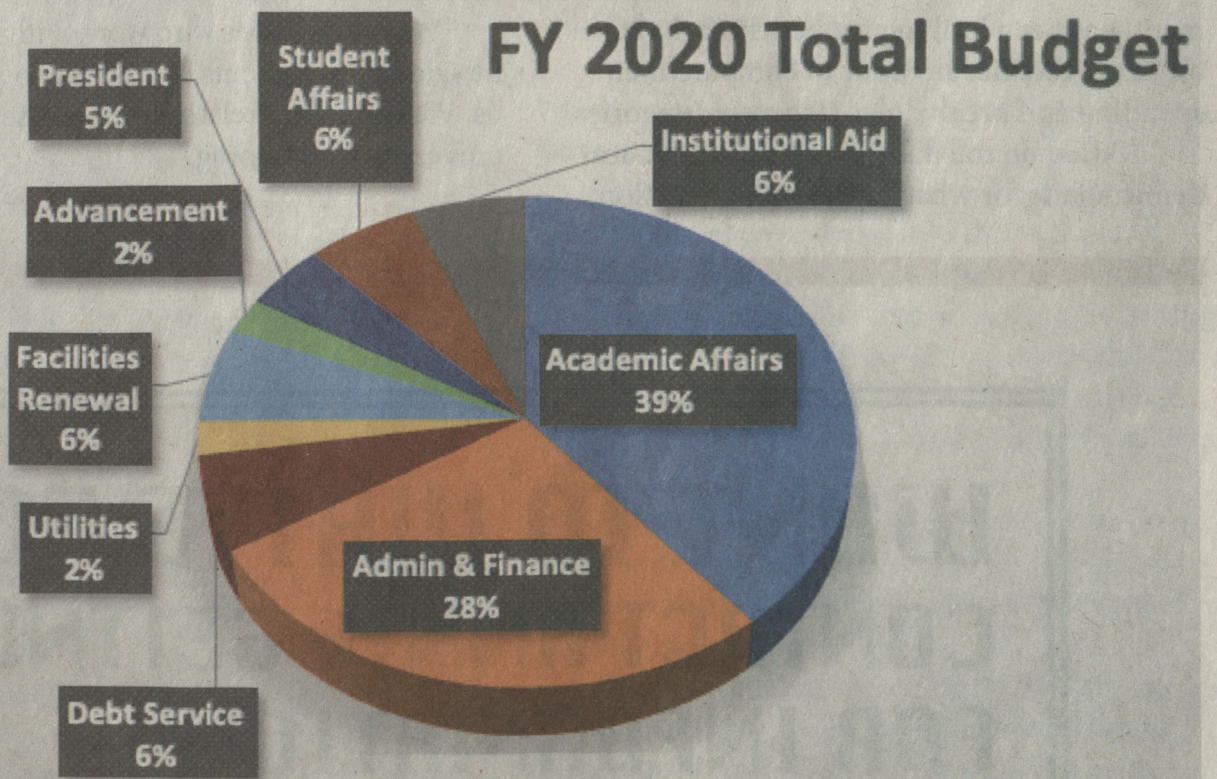
Since the last incident of racist vandalism in Fulton Hall, SU has worked with multiple agencies, including the Federal Bureau of Investigation, to find the perpetrator of these acts of racist vandalism. A suspect has been identified, but their name has not been released.

The administration has also worked to improve its communication to students. The implementation of the non-emergency text hotline as well as a more immediate response from Wight were suggested at last semester's Fulton Hall incident town hall.

However, Fathima Rifkey, co-president of College Democrats, felt that administration has not done enough in response to these events,

VANDALISM page 2

Here's what you need to know about SU's new budget



Graph made by Sofia Carrasco; data supplied by finance department

By SOFIA CARRASCO/ Editor-in-Chief

BUDGET-The recent Salisbury University budget cuts have created a range of confusion and rumors regarding funds allocated to departments and student services.

The administration at SU announced on Feb. 9 at the Student Government Association

forum that enrollment fees and in-state tuition will be increased by \$224 next year.

Marvin Pyles, the vice president of administration and finance, said the increase is a normal escalation of the cost of doing business and keeping the school up and running.

BUDGET page 2

Budget from page 1

"We try to keep it at a minimum, and generally the goal is to increase by 2% or lower—that is what the unspoken or sometimes-enforced policy from the Board of Regents is," he said. "We don't want to put the burden on students' backs. We don't want to burden them with unnecessary fees, but we have bills to pay."

The increase of fees was met with speculation from both students and staff.

However, Pyles argued it is inaccurate to say the university cut budgets across the board.

"Were there particular areas where money was moved around, or individuals in individual departments had their budgets cut by their boss, dean, director? Yes, that may have occurred," Pyles said. "But this pervasive notion that the university was cutting their budgets is inaccurate."

Pyles provided data and spreadsheets to support his claim that very few departments actually had their budgets cut. He explained the budget for the 2020 fiscal year is determined based on the previous year's expenses for each department.

"If you look at Academic Affairs, for example, overall, their budget actually went up 2.6% from 2019 to 2020," he said. "In the span from 2016 to 2020, their budget went up 16.24%, so it is unfair to say that we cut their budget."

One of the main reasons professors and students alike are feeling the impacts of the budget is because it was changed from a centralized approach to a decentralized approach.

Dr. Karen Olmstead, provost and senior vice president of Academic Affairs, said the budget is broken down into five categories: academic affairs, admin and finance, advancement, president's office and student affairs. Money is allocated to those categories based on the previous year's spending patterns.

Olmstead has control over the academic affairs budget and has attempted to align the budget similar to what it was in year's past, but there have been new changes to SU.

The creation of the new College of Health and Human Services impacted the budgets of other schools, like the Henson School and the Seidel School. Both lost high-volume majors such as nursing, respiratory therapy and social work.

Olmstead said she is primarily responsible for how the budget is organized, working with the respective deans of each school.

"[The] academic affairs piece of the pie was about 42% of the entire budget, and an understandable question would be, is 42% reasonable for what is arguably the heart of the university?" Olmstead said.

Olmstead, along with the finance department, has been looking for benchmarks at other universities in order to compare their spending and break down between categories.

"Based on the data I've seen, I think academic affairs, or what's spent on instruction,

is low, and so that's a conversation that I have been having with the rest of the executive staff," she said. "I do not think it's sufficient."

Olmstead and Pyles pointed out that SU has nearly doubled financial aid to students since 2016. It has gone up 12.5% from 2019 to 2020 and has gone up 79.91% from 2016, according to data provided by Pyles.

"It's well over \$12 million for next year, so the way to think about it is that's another \$6 or \$7 million being spent in that area," Pyles said. "Where did that money come from? It came from other areas on campus."

Another point of contention was the rumor that budgets were cut due to raises.

But in actuality, it was due to the cost-of-living adjustments that are enforced by the state, according to Pyles. A COLA is an increase in income that keeps up with the cost of living and is often applied to wages, salaries and benefits.

Dr. Adam Wood, president of the Faculty Senate and chair of the University Consortium, said he believes the idea that cost of living adjustments were the main impetus for the new budget is misleading.

"I have been here for 13 years, and the number of times faculty actually got raises is phenomenally low," Wood said. "Faculty did get, for the first time in many years, the cost-of-living adjustments. Now, cost of living is just to keep you where you are and is totally different than a raise."

Salisbury's Budget Officer Barri Zimmerman said the state provides funds for these COLAs, but only for full-time faculty positions.

"For people who work in our auxiliary areas like Dining Services or Housing, those folks are considered in the self-support area auxiliary, so we don't get money for them," she said. "We don't receive money for adjunct professors or contractual workers either, but they get the raise still, and we have to fund that ourselves."

Salisbury officials understand the frustration from faculty. However, they noted the decisions were necessary for the betterment of the institution.

"We make a very convenient boogeymen; people want to blame us," Pyles said. "We take the revenue, and we distribute it. If someone feels like they were slighted, it's because a decision was made at that level to cut or to make better use of the resources they were given."

But, faculty members still want answers.

Wood said the communication between the respective groups needs to improve moving forward, saying the freedom to push back against administrative decisions is problematic and still presents challenges.

"We are the ones who work with students," he said. "The students come here to work with us. We think that relationship is essential to university functioning."

Vandalism from page 1

highlighting what she felt was disorganization in the flow of information to students.

"I think what is needed is a lot more direct communication from the administration. I feel like everything that's come out has been very scattered and not direct in answering [our questions]," Rifkey said.

Students also feel that the administration has neglected to maintain campus safety.

Maya Hooper, secretary of SU's NAACP chapter, voiced concern over the lack of visible security on campus.

"I only saw an increase for about five days after the last incident, and after that, I haven't seen a single security guard on campus... which just shows that it definitely needs to be taken more seriously," Hooper said. "Cameras, security, feeling more presence on campus."

Chief of the SU Police Department Edwin Lashley maintains that additional cameras have been installed on campus, but declined to provide any details.

A concern over SU's campus culture has been raised across students, faculty and staff.

Change SU, a coalition of 13 student groups, formed after the Fulton Hall incident to advocate for changes that will help reshape that culture.

Ethan Sensbach, a Change SU organizer, feels that the reoccurrence of the vandalism is not surprising and will only stop once more than just personnel changes are implemented.

"It's not unbelievable. It's completely believable because administration has created a culture that allows people to think that these actions are acceptable on our campus," Sensbach said. "Something that we're really focusing on is curriculum. We're pushing for a diversity general education requirement."

Classes were canceled on Feb. 20 to allow the campus community the time to heal. Multiple programs were held throughout the day by administration and student groups to address the vandalism and campus culture.

Dr. Lilian Odera, director of student counseling, stressed the importance of self-care during this time of crisis.

"As a community, we need to come together, we need to support each other. We need to acknowledge the impact not on individuals only, but on us as a university community," Odera said. "I am hopeful and optimistic that we will rise above."

Students with any information about the vandalism are advised to contact Crime Solvers at 410-548-1776 or University Police at 410-543-6222.

Josh Peck talks fame, family and Cook Out in Holloway Hall



Camille Supplee and Josh Peck/ Sofia Carrasco Image

By **SOFIA CARRASCO**/ Editor-in-Chief

JOSH PECK-Holloway Hall Auditorium was packed at 7:30 p.m. on Feb. 29 as over 700 students bought tickets to see Josh Peck speak.

"A Night with Josh Peck" was put on by Salisbury University's Student Organization for Activity Planning and was a mix of interview and stand-up comedy that had the whole room laughing. Student Camille Supplee moderated the event and got to ask Peck questions about being an actor, a YouTuber and a family man.

Peck is most famously known for his role in "Drake & Josh" and spoke candidly about child fame and growing up in the spotlight. He discussed how he always wanted to be on the show "All That," but got his start on "The Amanda Show."

When he first mentioned the show "Drake & Josh," the crowd erupted into applause, to which he replied, "Oh, you know that show?"

Students abroad face the coronavirus head-on

By **ANNIE GEITNER**/ News editor

CORONAVIRUS-As coronavirus sweeps the globe, it is affecting Salisbury University students and faculty on campus and abroad.

SU has three students whose trips were disrupted by COVID-19. The university also has two other students in Japan who could be affected in the future.

All study abroad programs in Italy and South Korea have recently been suspended. The university suspended the programs when the U.S. Department of State raised its travel advisory to a level three for South Korea and Italy on Feb. 29.

The Center for International Education has been in constant communication with those individual students.

Assistant Provost for International Education Dr. Brian Stiegler arranged the departure of the students abroad.

"From the university's perspective, our number-one concern is the students' welfare. The second is academic progress towards a degree," Stielger said.

The two students in Italy have either been taking classes or participating in an internship there, and they hope to be able to continue with those activities remotely when they return home.

For the student in South Korea, his situation is a little different.

Sophomore international political economics major, Eli Rush is currently studying at Chonnam University in Gwangju, South Korea, and he has decided to stay there amid the coronavirus outbreaks in northern South Korea.

When explaining his reasoning for staying, he said it was mostly due to academic opportunity.

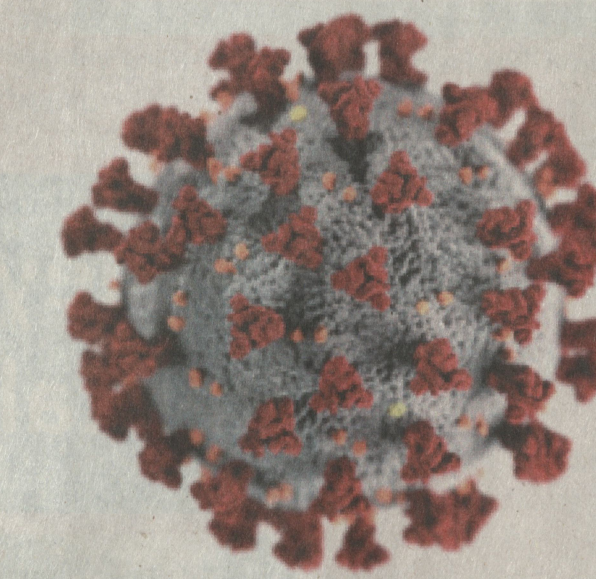
"I have one of two options. Either I stay here or go back home, back to Salisbury," Rush

Throughout the show, Peck would periodically stand up and tell jokes or stories about people referencing lines from "Drake & Josh" to him. Peck also talked about his struggle with weight and how he used comedy as a defense mechanism to make fun of people before they made fun of him.

He believes that the show was so popular because people could identify with the blended family in the show and having an evil little sister.

"It has been crazy that it got so big, and it has had such a lasting impression on a whole generation," Peck said. "It's good to know the fandom is still strong."

Peck went on to discuss different projects he has done since his time on "Drake & Josh," like the movie "Red Dawn" and the show "Grandfathered" with John Stamos. He also



Wikipedia Image

said.

In South Korea, the spring semester has not even started yet. The Korean government pushed back the start of the semester to March 16. Rush is currently nine days into his 14-day self-quarantine so he will not miss any class.

If he would return to SU now, there is a high chance that he would lose out on the entire semester.

Rush is currently staying in Korea against the wishes of the university. Even so, he stated that the university has been extremely helpful with getting him to South Korea and allowing him to stay.

"Salisbury has been tremendous in this whole endeavor. They have been really supportive of my decision, even though I am sort of going against them," Rush said.

Rush will be allowed to stay on the Chonnam campus unless the government cancels class. In that case, he will return to the U.S.

Summer programs in Italy and fall programs in both South Korea and Italy have been suspended due to the recent outbreaks. However, the programs are not canceled completely.

The only summer program that has been cancelled is the global seminar program in

talked about what it is like to be married and have a child.

Brigette Remsburg, a freshman at SU, was one of 12 students who won a VIP ticket to the show. She won her ticket at a SOAP-sponsored bingo night.

Remsburg arrived an hour early to the show and got to go backstage for a meet-and-greet and photo with Peck. She also got reserved seating in the front rows.

"I was so excited, and we were freaking out because he waved to us first when we walked in, and we all got to go up and take a picture with him," Remsburg said. "I was too nervous to say anything to him, but it wasn't a sit-down or anything, just a brief conversation."

Remsburg said she was excited to meet him because of "Drake & Josh" and because he is friends with David Dobrik.

Peck also did his homework on SU and made multiple jokes about Salisbury's campus culture and restaurants.

Peck gave a shoutout to the Warehouse, Brew River, Cook Out, Saferide and even the Perdue Chicken Plant, which all received laughter from the crowd.

"I had a couple too many at the Warehouse before this," Peck said. "I'm gonna need to take a Saferide home. I probably have 13 parking tickets on my car already."

Cheyenne Woppman, senior at SU and comedy chair for SOAP, said the idea to bring Peck to SU came to fruition last semester.

Woppman said it took a little convincing, but most people were on board, and the turnout proves that SOAP made the right decision.

"I could not believe how many people bought tickets so quickly," Woppman said. "I was amazed, and it was awesome. I can't wait for the next thing we do."

South Korea.

"We don't expect this to last forever. We want to be able to step it back when it's proper," Stiegler said. "In theory, we could suspend those and then unsuspend those, in time for students to still engage."

The idea is that when it is safe to return to those countries, the programs will be unsuspended. In the meantime, Stiegler suggests that if this summer or fall semesters are the only times a student can study abroad, then they should apply to a different location.

Another student, Alexander Madoo, was studying in Italy when the university contacted him saying it had suspended his program.

"We got an email at 3 a.m. saying our program had been cancelled and that we had to return to the U.S.," Madoo said.

Three days later, he was on a plane returning home and is currently waiting to hear if he can take online classes for the rest of the semester. Otherwise, he risks losing a semester of credits, too.

Students who were abroad are not the only ones impacted by coronavirus. SU is a global campus with many international students and faculty members.

Those individuals may not be directly impacted, but they possibly could know friends and family back home who are.

Stiegler expressed concern for those students and their well-being. The Center for International Education has been in communication with international students in regard to their situations here at SU.

The CIE is working diligently to make sure all those affected in any way by COVID-19 know that they have a place here at SU.

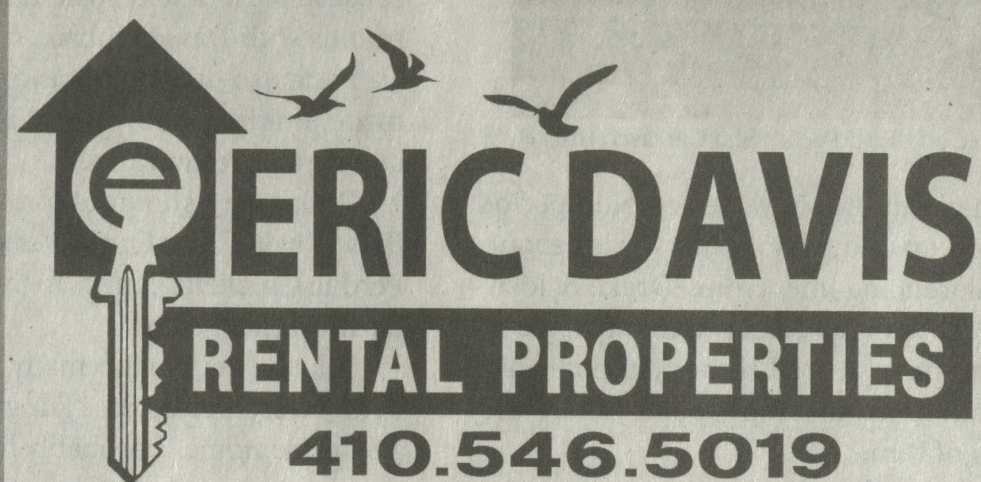
"We are very worried about our Salisbury family," Stielger said.

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EDITORIAL

Getting politically passionate with SU students

By OLIVIA BALLMANN/ Staff writer

POLITICS-It's no secret that Salisbury University's students are incredibly passionate, knowledgeable and self-sufficient. However, students have taken such traits to another level as they combat ignorance with their passion for politics.

Salisbury University's Co-Presidents for College Democrats, Jake Burdett and Fathima Rifkey, both discussed their views on current politics and the upcoming 2020 presidential election.

Burdett, a senior majoring in political science, strongly plans on voting for Bernie Sanders this coming election.

"We've been a progressive organizing force that volunteers and pushes for progressive legislation both at the local, state and national level," Burdett stated.

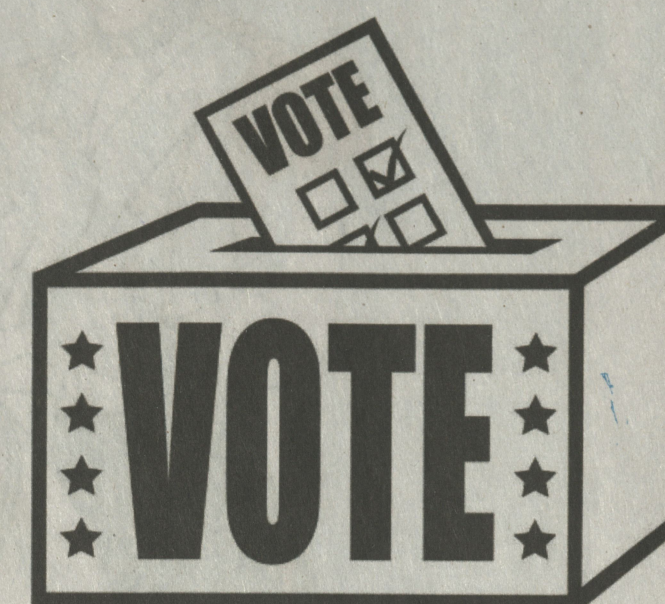
Burdett continued to discuss his admiration for the candidate he plans on voting for: Bernie Sanders.

"I want somebody that's not afraid to be aggressive. Bernie's definitely willing to call out the media, Democratic Party and the Republican Party."

Burdett noticed a distinct, juxtaposed approach to Sanders' campaign: the absence of funding through billionaires and/or millionaires.

"Most politicians just get donations from billionaires, millionaires, corporations, rich, influential people that aren't looking out for the interest of most regular people who don't fit into that category," he said.

Rifkey also plans on voting for Sanders this upcoming election because of his ability to connect with most low-income and middle-class families.



Clip Art Image

"I admire his care for civil rights since the beginning. Even after years of doing this, he still carries that passion and fire for human rights," Rifkey said.

Although Rifkey feels that Sanders has the plans and means to execute his agenda, she would prefer the candidate to be more verbally outright with his agenda.

"A lot of people assume he has no answers [since] he doesn't talk about it [his agenda] as much," Rifkey stated.

Nicholas Smith, president of the Salisbury University College Republicans, plans on voting for Donald Trump this upcoming election.

Although Smith is not particularly fond of the president's personality, he believes Trump's economic advancements in the last four years have been highly productive.

"The stock market is at an all-time high, unemployment is at a all-time low — there's more money going into American pockets," Smith stated.

Smith believes that one of Trump's biggest accomplishments has been his impact on the

economy, one of Smith's values when choosing a candidate.

"The economy is super important because we don't need another great depression or recession like in 2008," Smith said.

In addition to economic benefits, Smith also believes Trump to value the safety of U.S. citizens, a value he also shares.

Although Smith supports Trump's attempts to protect the safety of U.S. citizens, he also admitted that there are flaws regarding current immigration systems set in place, expressing concern for current detention centers for illegal immigrants.

"I don't think they [illegal immigrants] should be treated poorly. They need to be treated like humans because they are, and they're nothing less than what we are. We are the same," Smith suggested in reference to updating the vetting system.

Smith also believes Bernie Sanders is most likely to run against Trump but feels Trump's economic experience is what going to win him the election the second time around.

Obviously, both SU College Democrats and College Republicans presidents have different opinions, but both groups share the same passion for creating a brighter future, which is incredibly admirable.

Regardless of political views, "Voting is a decision that matters," professor Susan Surak said. She is co-director of the Institute for Public Affairs and Civic Engagement, or PACE, as well as a political science professor who has some great insight for students planning to vote this upcoming election.

"I think that democracy thrives on a diversity of voices coming into a conversation with each other," Surak stated.

Surak recommends that students gain

POLITICS page 6

GullNet or GullNot: Why GullNet needs updates ASAP

Salisbury
UNIVERSITY

A Maryland University of National Distinction



Salisbury University Image

By KATHRYN JONES/ Staff writer

GULLNOT-GullNet is the tool students at Salisbury University use to find their classes, pay tuition, make advising appointments, etc. While this all sounds simple enough, navigating through this particular web page has become a bit of a struggle for students.

GullNet is the portal for students at Salisbury University where they can do anything from pay tuition to search for classes for the

upcoming semester. Usually, this is done on a laptop or on one of the many computers on campus.

However, students have found major issues with the website when it comes to navigating it on a smartphone.

"While GullNet has much of the information that students need from the University, it could use an update. Specifically, navigating the software can be difficult, and finding what you

need can be tough. Also, browsing GullNet on mobile devices is tougher than on a computer," graduate student Adam Wilson said.

Other students agree that the main problem is the lack of helpful navigational tools and that hyperlinks to certain pages would be more time efficient, especially when everyone is choosing classes for the upcoming semester.

"The main problem of GullNet is related to user navigation. There is certain information that is difficult to find. Perhaps quick links would be helpful," senior Jaycee Scanlon said.

Fellow graduate student Crystal Weimer agrees with Scanlon and Wilson about the user unfriendliness in terms of navigating through the site, specifically when choosing classes.

"Without being specific, I would not mind seeing a better way of filtering through available class selections," Weimer said.

The functionality and user-friendliness of GullNet does not seem to be a problem for sophomore James Reeds.

"I like GullNet. I do feel like it is a little awkward that the screen opens up to a blank template. Other than that, it is functional," James said.

It is clear that GullNet is in drastic need of some fundamental updates, and hopefully this can happen soon, since students are expected to

GULLNOT page 6

GullNot from page 5

sign up for classes in the upcoming months.

While this issue may seem fairly recent, it is only seen this way because it is now being brought to the attention of the general public and not just the students who have been complaining about the site's non-functionality for quite some time.

With the testimonials from students ranging from sophomores to graduate students, the need for a more mobile user-friendly and updated GullNet should be a simple and easy task for the technologically savvy geniuses that are most likely having similar struggles as well.

Politics from page 5

information from a variety of sources and be aware of how to identify sources of bias. The library provides several good resources to this end.

Additionally, PACE will soon publish a candidate guide for the Democratic primary, which will include links to the policy webpages of all of the Democratic candidates.

"Politics does involve time, and I think it's important to be thoughtful about the candidate," Surak said.

Surak continued to state the importance of knowing not just who you are voting for, but why you've chosen to support them.

"Make that you look at what the candidate is saying, their platform, their website, their speeches ..."

Surak also stressed that PACE, an organization that focuses on helping students with voting registration, is a great resource students should check out if they are confused on who to vote for. PACE, located in the Camden House, wants to help students vote, no matter where they stand politically.

"We want you to vote," Surak explained. Surak referenced the National Study of Learning Voting and Engagement's 2019 campus press release, which states that SU student voting participation has expanded from 14% to 30% of the student body.

SU is breaking notorious stereotypes associated with younger voters; it's a great improvement, but it also means 70% of SU students did not vote last election.

It's important that you get out and vote, because we are all affected by politics, whether we would like to think so or not. Your one vote could make a huge difference, and it's time that we raise those statistics surrounding college-aged voters.

If you have no idea where to start when it comes to politics, just know that there are resources at SU that can help you get involved in the upcoming 2020 election.

Happy voting!

The Disney princess divide



Feminist Disney Image

By OLIVIA BALLMANN/ Staff writer

DISNEY-The Disney princess franchise, in recent years, has made a gradual effort to introduce a variety of multifaceted leading ladies. However, fans are unsure if recent changes in progression are enough to fight the grotesque stereotypes women face in our world today.

Although Disney movies bring about a sense of joy and nostalgia to millions around the world, fans feel that Disney's infamous reputation concerning gender stereotypes is discouraging.

During an interview with Dr. Shannon O'Sullivan, a communications professor at Salisbury University, O'Sullivan discussed Disney's neglectful representation of different body types concerning both protagonists as well as antagonists, known as "lookism."

"If villains are depicted as overweight or unattractive in a conventional sense and are paired with heroic characters that are attractive ... It's a message that suggests good looks imply good character, while bad looks imply bad character," O'Sullivan stated.

Viewers can easily recognize this pattern when evaluating villains such as the Queen of Hearts from "Alice in Wonderland" or Ursula from "The Little Mermaid."

In addition to body image, O'Sullivan stressed the need for diversity. While Disney has much distanced itself from its stereotypical princess, O'Sullivan feels the company could further improve by diversifying the writers and creators of the stories as well.

Hyla Wildt, a current Salisbury art major, also expressed her eagerness for Disney to strive for greater change.

"They have the means to explore other cultures and their stories and adapt that into different races and different ethnicities, but we haven't been seeing that a lot," Wildt said.

Wildt feels that Disney needs to drop the "typical princess" that we associate with the words "Disney princess."

"The first princesses that come to mind are Cinderella and Sleeping Beauty ... so, thin, white, blonde and the fancy, colorful dresses," Wildt said.

Even though the movies Wildt mentioned were made many years ago, they still have a significant contribution to how we define our female heroines today, showing the importance of changing stereotypical patterns now. However, looking at Disney from a more optimistic perspective is equally important in evaluating the company's own thought process.

Professor James Burton, a communications professor at SU, is currently teaching a class on Disney and culture. Although Burton acknowledges his hopes for more diversity and representation in larger movies, he feels that Disney Junior is doing particularly well in representing more diverse cultures.

"One of the main progressive areas of Disney is Disney Junior. [It has] 'Sofia the First,' 'Elena of Avalor' and 'Doc McStuffins,'" Burton said.

These are characters of different races, ethnicities and cultures. Yet, Burton recognizes that the actual movies themselves are not as progressive in comparison. However, Burton does not believe this to be due to hesitation, but rather an economic concern.

"I don't know if this is necessarily fear, or if it's pragmatism, economic pragmatism," Burton said. He explained that it is much easier for Disney to push for diversity in its TV shows, as its budget is not as economically challenging. Burton also stressed his desire for Disney to push itself further regarding LGBTQ+ representation. An example Burton shares is Disney's missed opportunity to represent the LGBTQ+ population with Elsa in "Frozen 2."

However, Burton also stressed the strong feminist message Elsa creates by demonstrating strength without a romantic partner by her side.

"It's always this push and pull. They make strides in some areas and don't gain ground in others," Burton said.

We can acknowledge Disney is making strides to push societal boundaries. That's not to say the company couldn't strive to push itself further. Yes, Disney certainly isn't perfect, but recent strides toward representation, no matter how small, can give us hope for the future.

'We're making sure everyone's safe': Q&A with Saferide drivers



Involved@SU Image

By JACOB BEAVER/ Staff writer

SAFERIDE-Saferide is a student-operated service that provides free and secure transportation to Salisbury University students on weekends from 10 p.m. to 2:30 a.m. It helps students reach home within a three-mile radius of the campus who are not able to drive, no questions asked.

SU students have been riding safely during the late hours of the weekend since Saferide began operating in 1993. The Flyer had a chance to sit down with Ariela, Aubrey, Mia Coyle and Yasmine of the organization to see what has changed since then and what remains integral to the university's safest way home.

Q: How would you describe Saferide in your own words?

Aubrey: We are an organization completely run and operated by the students, for the students. We aim to provide an anonymous and safe service for anyone who is a student of SU and would like to get a ride home safely.

Ariela: Another thing that Saferide does is that we try to keep the Salisbury community safe as a whole. Not just Salisbury University students, but anyone who lives in the area.

Yasmine: We run within a three-mile radius of the campus. We pick students up from wherever they are and drop them back off at campus or their home location. We don't drop off to parties.

Q: Why do you feel Saferide is necessary?

Aubrey: Among college-aged kids, drunk or intoxicated driving is a large cause of death and injury. It's so important to be part of something that does protect people, including the community around us.

We want to make sure that we are leaving a positive impact on the people who are local. We don't want them to have a negative concept of college kids. We want to provide a safe and reliable source for students to be able to get home safely.

Ariela: Especially in this generation, there are ride services run by people we don't know. While a Salisbury University student in our van may not know us personally, we're still in the same age range. It's students from Salisbury and their community who can help them instead of having some stranger drive them around.

Yasmine: It's free, unlike Uber and Lyft, where riders have to pay. Not everyone can afford that. Some people are honestly scared, but here at Saferide, we're all students. We're making sure everyone's safe. They know that the school is a part of this, so if anything happened, they'd be OK.

Mia: There's also not a lot of available public transportation for students at night, especially on the weekends. We provide that free service for them to make sure they get home safe.

Q: Do you think other universities should have a service like Saferide?

Yasmine: Yes.

Aubrey: 100%. I feel like it's underrated. There's a huge stigma behind college kids having a good time. We provide something where we don't ask questions. It's completely anonymous. We don't care where you're coming from or where you're going. We're just there to help. It's immensely important.

Ariela: There are similar organizations around the United States, so we're not the only one. Of course, we would like more schools, especially in Maryland, to have the service. A lot of students come to visit Salisbury and say they don't have Saferide at their own college.

Q: How is safety ensured to those who use Saferide?

Yasmine: For one, it's anonymous. You call us and we don't ask you for your name or anything. You get on the van, and we don't ask for any information. We just want to know where you're going. We are students, but everyone is certified and goes through the same training

and paperwork to work for Saferide.

Ariela: So there's this misunderstanding among students that we call the police, when there's actually a partnership between law enforcement and us. An officer can call us if they need us, and we will take care of the transportation. Instead of wanting a student to get in trouble, we can be an officer's first call.

We take all the problems away from them and make sure everyone gets home safe. A lot of people just think we bust the parties. We've had situations where the police officer just needs a kid to get home, so they call us.

Q: How do you feel Saferide could expand or improve in the future?

Aubrey: The only thing that I think would be more beneficial would be an easier way of requesting a ride. We're still using the old-school system where you have to call on the phone. It's a helpful skill, but no one likes to do it anymore. You could do everything on your smartphone just by clicking an app.

I definitely think that's what hinders us from serving more people. They see Uber and Lyft as a more convenient option because they can see a tracker and how long it's going to take. If we could improve anything, it would be the communication between us and the students. Other than that, I feel like we're doing everything we need to do.

Ariela: It's the communication between us and the Salisbury community. At night, they see multiple Saferide vans riding all at once. They think it's the same one or it's 50 of us, but in reality, it's only six. We want to make sure they're aware of the amount of vans we have.

It's not us wanting us to take 10 or 20 minutes to get to them; we just have other people we have to transport as well. It's not on a first-come, first-served basis. It's based on what's more convenient to our whole route, which varies every night. The whole communication with the students could be improved.

Q: Why should someone join your operation?

Aubrey: You definitely have to have a passion for it. If you are interested in helping your campus community or raising awareness for driving under the influence, it's an important program to be a part of. It's rewarding.

It seems like work, but you know how many people you took home that night because we keep tallies in the van. Each individual van takes home 50 to 60 people a night. At the end of the day, you're saving all their lives in a small way. We all have a personal connection to what we're doing, and there's passion behind it.

Ariela: We actually transport approximately 25,000 students within a year. To imagine that broader perspective, that's how many kids we saved from a possible accident or getting in trouble. The organization's community involves dedication and awareness. We all have this mindset that we want to stop drunk driving and make sure the students aren't a part of it.

Aubrey: In the cheesiest way possible, it's about being a part of something that's bigger than yourself. It's really rewarding to go home knowing you served your community in that way.

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Salisbury University's past of racism and its road to inclusion

By STEPHANIE RIVERA/ Staff writer

RACISM-Throughout the years, Salisbury University has experienced a number of racially motivated crimes on its campus.

The most recent injustice of racist graffiti strewn throughout campus has brought these issues back to light and leaves students and the community to look to university officials for solutions.

It comes to no surprise, however, that there has been an atmosphere of conflict between the SU students and staff.

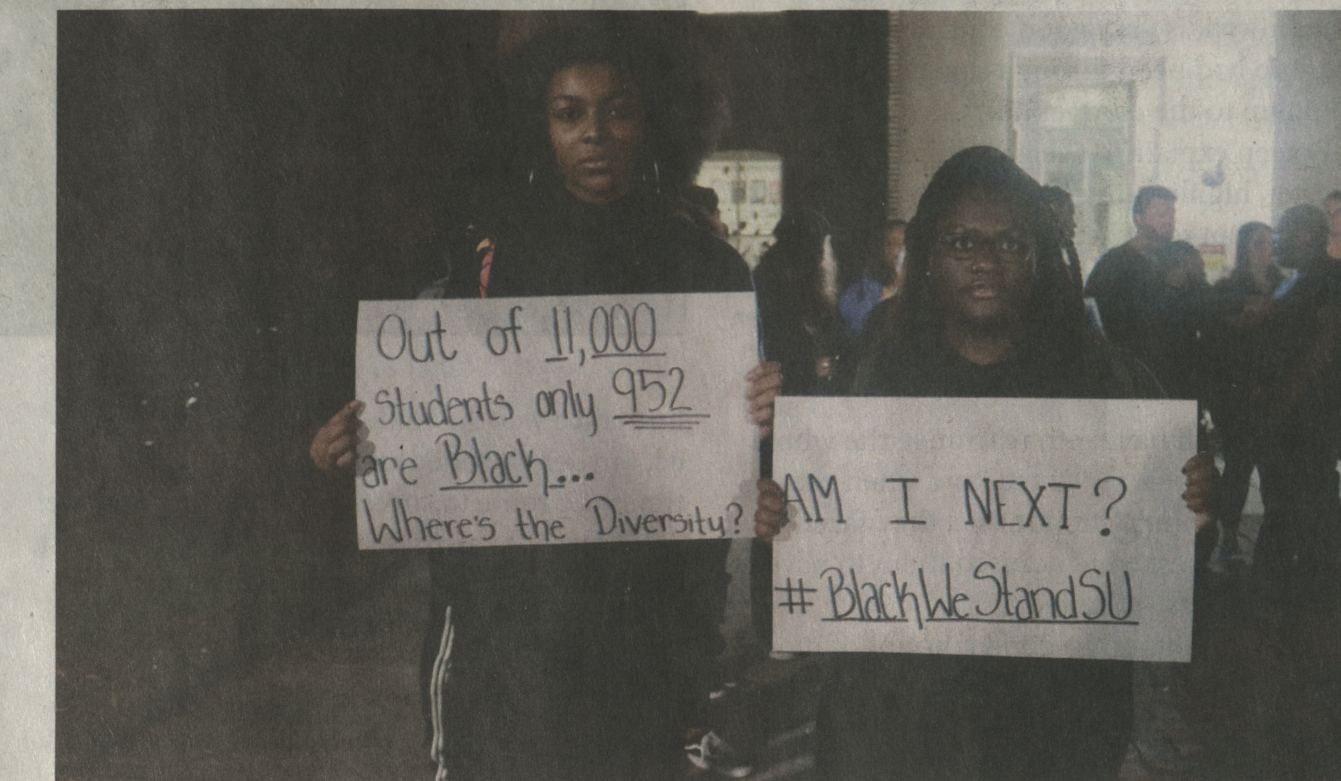
Former President Dr. Janet Dudley-Eshbach exemplifies this divide through a past Facebook post in 2007 in which she is pointing a stick toward her daughter and a Mexican man with the caption, "Beat off the Mexicans because they were constantly flirting with my daughter."

Although she claimed it to be for humorous purposes, Dudley-Eshbach deliberately posted a racially offensive ideal, one that she is subsequently promoting onto the student body. The lack of reprimanding for her actions exemplifies the extent to which xenophobic ideals have influenced SU culture. Dr. Dudley-Eshbach is currently a professor at SU and teaches multiple Spanish courses.

Dudley-Eshbach has since apologized for the Facebook post.

As time has progressed, the staff of the university has not been excluded from these hate crimes, as shown through the actions against Dr. James King. In August of 2008, the professor of English at SU discovered that a racial slur had been written across a sign at his place of residence supporting previous President Barack Obama.

More recently in 2016, Blackwell Library experienced a similar phenomenon of racially



New statistics show there are currently 1,400 students who identify as African American, making up 16% of the student population./ Emma Reider Image

motivated graffiti which portrayed the lynching of a crying stick figure with the caption "#whitepower" underneath.

Although it was later revealed to be committed by African American students in an attempt to raise awareness of racial injustices, the resulting policy changes issued by Dudley-Eshbach have shown to have little effect on the occurrence of such crimes.

To avoid the repetition of these atrocities, current SU President Dr. Charles Wight has begun to implement a variety of actions within the campus and surrounding community.

Through his formation of the president's task force on diversity and inclusion, he hopes that students will feel more open to discuss their grievances and find solutions that conform to all groups.

Wight also plans to expand the universi-

ty staff through the hiring of a chief diversity officer, and the university is actively interviewing candidates for this position. Additionally, current and future staff must undergo training sessions on the expansion of diversity and inclusion.

Wight's Chief of Staff Eli Modlin divulged into further goals of the university.

"The top priority and primary concern of this president and administration is the safety and security of our campus community," Modlin said.

Modlin also highlighted that one of the ways the university plans to execute this is through moving the Office of Diversity & Inclusion into the president's office. According to Modlin, this addition has already produced positive results.

"[The Office of Diversity & Inclusion] allows

RACISM page 11

Salisbury University students to hold TED Talk campus event

TEDx SALISBURY UNIVERSITY
x = independently organized TED event

Caroline Streett Image

By CAROLINE STREETT/ Gull Life editor

TED TALK-With a rise in the use of the internet for education, professors readily use online platforms such as TED Talks to get their point across to students. At Salisbury University, students are taking this learning platform to the next level by holding their very own TEDx event here on campus.

The event, which all started with one ambitious SU student and an idea, is now set in stone to take place on May 2, with ticket sales beginning in April.

The whole basis of the event is to give SU students the opportunity to get their ideas heard on a much larger scale than a simple

presentation. With TED Talk being the popular online platform that it is, these ideas will go beyond the university walls with the possibility of going viral.

SU junior Anna Brennan was that ambitious student, and her aspirations are the stepping stones that made this event a reality. After being an avid TED Talk watcher, inspired by the various talks, whether they be dismal, uplifting or just downright eye-opening, Brennan was hooked.

"This all started last May, so I've watched TED Talks for a very long time, and I feel like everybody has," Brennan said. "I always thought it was really interesting and very easy to understand and relatable."

Following a TED event that was happening in Brennan's county, her interest in the idea grew more so into a goal.

After some research, she realized the process was simpler than she thought it would be.

After applying to the TEDx Program on a whim one summer night at 2 a.m., Brennan was pleasantly surprised when she received word back that her application had been approved for a TEDx license.

The license gives Brennan the authority to coordinate and hold a TEDx event within the year of receipt. Brennan has high hopes for the

event and is excited to give younger generations like herself and her peers a chance to speak out and be heard.

"Optimism and creative ideas and creative thinking that hasn't been destroyed by real life yet — so we're still very optimistic and everything," Brennan said. "So, I feel like our ideas are really worth spreading, and it's just about getting them to the person that can make those ideas happen."

The planning of the event is not something that Brennan plans to take lightly. In attempt to make TEDx at SU the best it can be, she put together a committee of students from various disciplines to help in brainstorming ideas, coordinating the basics and helping with the application process.

With students from the College of Health and Human Services, Henson, Fulton and Perdue, along with the help of chemistry professor Dr. Anthony Rojas, Brennan hopes to gain a broad span of perspectives and ideas for the event.

The committee decided on a multi-step application process in which students must first fill out an online application detailing an outline of their idea. The next step includes an

TEDx page 10

A tough semester leads to big results for Squawkappella

By ANNIE GEITNER/ News editor

A CAPELLA-The road to competition season wasn't as smooth as members of Salisbury University's a cappella group, Squawkappella, would have hoped for.

The group recently placed fourth in the Mid-Atlantic Quarter Final, which, according to senior and Squawkappella President Stevie Bowen, is very good considering what the group had been through in recent months leading up to the competition.

Bowen explained the hardships of the semester, highlighting that the group's ability to quickly adapt to a changing team.

"Along the way, we lost three of our members, and we had to quickly add a new member, like, a week and a half before the competition," Bowen said.

Along with having to rearrange the whole group, Bowen further stated how when preparing their competition music, they faced many challenges, which caused them to have to prepare a set last-minute.

"We paid this guy a good amount of money to give us four original songs. He said he'd get them to us Nov. 1 by the latest," Bowen said. "We don't hear from him until Dec. 9."

As a result, the group members had to work with what they knew and throw together their own set of three songs. The group didn't get started on rehearsing the new set until late January. Even though the set was arranged last-minute, it was emotionally powerful so much as to help the group place fourth at the competition.

Thomas Snyder, deemed the piano man for the group, described the music Squawk played at quarter finals.

"We were kind of trying to tell a story with our music," Snyder said.

The group played a selection of Sam Smith, OneRepublic and Hozier songs.

In regard to if this emotional type of per-



Stevie Bowen Image

formance was the route the group first intended, Snyder chuckled and explained that sometimes the route to success is an unplanned one.

"It wasn't the route we had intended at first, but with the cards we had been dealt this past year, we just mashed them together last-minute," Snyder said.

The issues with the music weren't the only things Squawk had to overcome in order to perform at the quarter final.

SU sophomore Alexis Andrew, the newly appointed treasurer for the group, talked about how the group was also struggling with financial issues in the beginning of the season.

"I was told we had \$2,000 in our account at the beginning of the year," Andrew said. "But then I got a call and was told that we actually only had \$300."

The financial burdens would mean the team would not have enough money to pay for to the music they wanted to sing during competition. Andrew explained how different members including herself stepped up and donated large sums of their personal savings to the group so that they could be their best this season.

The group's true dedication and love for one another not only showed through the actions this season, but also through the words they said about Squawk.

Despite struggles, Squawk feels its biggest strengths lie in teamwork and acceptance.

Squawkappella is a group of students who are dedicated to the art of singing and performing, but more so, they see themselves as a family that firmly believes in each other's abilities not only to be great singers, but also great people.

SU junior Kayla Ivey Russel talked of how Squawk really accepted her with open arms.

"I always had trouble finding that one group of people that I could totally be open and candid with," Russel said. "When I found Squawk, I just found people so warm and welcoming of everything about me. We are a family."

Andrew had similar feelings when she explained how much the Squawk family meant to her.

"I wouldn't be here at school without Squawk. I don't think I'd be alive," Andrew said.

TEDx from page 9

interview with one of the committee members in which students are expected to go more into depth on their idea. The final step includes giving a more formal presentation to the committee.

With six available spots for speakers, the TEDx team hopes to get at least three student speakers, but it is open to having more.

Although the application process is in-depth and the slots for speakers are low, Brennan encourages any student with an idea to apply because she feels that all ideas are valid and worth sharing.

"I've always really felt like students don't really have an equal voice to older people," Brennan said. "I feel like our ideas are kind of taken with a grain of salt, but I feel like if people listened to us on that larger platform, that they could get more out of it."

SU senior and member of the TEDx Committee Harrison Leon expressed a high level of excitement in the buildup and opportunities that this event will provide students.

"I guess it goes into my own philosophy. I just like the democratization of ideas. I like having everyone have a voice," Leon said. "And so [TEDx] is a mechanism that allows people to share their voice and highlight ideas that are worth spreading."

Beyond providing students with a larger platform to share their ideas, Leon also placed

emphasis on the element that there will be public speaking training available for the chosen applicants leading up to the event. Leon hopes that with the training available, students will be more confident in applying.

In addition to the training, Leon is simply excited about the possible reach that these ideas could have.

"Just because 200 people might attend the event that day does not mean that 200 million couldn't see your video," Leon said. "I think that's pretty cool."

The team is not looking for anything specific in choosing their speakers, only that their speech pertains to the university experience. Leon highlighted the reasoning behind choosing this broad subject area, all coming down to the idea that it is relatable.

"The university experience is something that we all share," Leon said. "It's practically universal to the entire audience; everybody there is going to be affected by the university in some capacity."

Members of the TEDx Club hope to not only hold a successful event this year, but to also begin a legacy that allows students at SU to continue the event for years to come.

If you are interested in joining the TEDx Club, meetings are held Thursdays at 5:30 p.m. For more information, contact Brennan at abrennan6@gulls.salisbury.edu

Racism from page 9

us to streamline processes and make additional resources available to the student body," Modlin said. "This then allowed us to fully staff and operate the center for Equity, Justice and Inclusion that is now located in Blackwell Hall."

Other measures taken by Wight include the opening of his office hours to all students and staff and the expansion of his website to include ways to contact him to arrange a meeting.

Another feature of the website is a "parent portal" implemented last year, in which parents of students have the ability to view updates on university actions and communicate during emergency situations occurring on campus.

In regard to the safety of students, additional security measures have been placed throughout the university by the SU Police Department. The FBI, Maryland State Police and Wicomico Police have also implemented security tactics throughout the community, though they have

not been released to the general public, to ensure the continued safety of the campus.

Wight has also implemented quarterly university town halls in which a different group of shared governance is gathered. The first town hall was one held with SU's Student Government Association, and the upcoming meeting will be with the Faculty Senate.

This event is open to SU students, and Modlin encourages members of the general community have the ability to voice their concerns and issues.

Modlin has an optimistic outlook for the future of SU's campus, and he feels that the university is in good hands.

"Dr. Wight came to this campus and made it abundantly clear that diversity and inclusion is a priority of his administration," Modlin said. "He has emphasized publicly and privately that it is important that students are not only safe on this campus, but that they feel safe and feel like they belong within our campus community."

Though Modlin feels the actions taken have already shaped the campus and surrounding community in many ways, he is aware there is still much more work to do to guarantee the rights and safety of multicultural students.

In an interview with local news, Wight emphasized the hate crimes committed on the campus represent xenophobic ideals that have no place in not only our campus, but within any faction of society.

Modlin sheds light on his hopes for the future of the university moving forward.

"The hope is that we do a better job and work with students, faculty and staff across the campus community to create a climate and a culture that emphasizes that this is not who we are, and this type of behavior is unacceptable on our campus," Modlin said.

If you would like to meet with Wight, his office hours are the fourth Wednesday of each month from 1 p.m. to 2 p.m., or you can reach him through email to schedule an appointment time at tfhajir@salisbury.edu.

Students learn to de-stress with yoga

By TAYLOR DAVIS and CAROLINE STREETT/ Staff writer and Gull Life editor

YOGA-Schedules in college can be extremely hectic. Students become swamped with assignments for more than one class and are often forced to juggle a crazy work schedule on top of that.

With a plethora of stressors, it can be easy to feel agitated, exhausted and without an escape.

During such a busy time in life, it is important to develop healthy ways to manage everyday stress. For many, the practice of yoga serves as an essential way to find this sense of calm, and Salisbury University offers a variety of yoga courses for the college community to take advantage of.

Professor of the Humanities Course of Yoga at SU Jordan Suber dove into this misunderstanding and explained that although the class is good for the body and soul, it is not meant to be an easy journey.

Despite its many benefits, it is a common misconception that the practice of yoga is a course one can take for an easy A.

"That misconception ... people figure it out once they get in the class, but whether you love it or not, it is working, and it is good for you," Suber said. "What's happening with your mind on the mat tells you a lot about yourself, and some people are scared of that."

Suber also placed emphasis on the idea that yoga has a way of healing and helping you when you feel lost and are hurting in our overwhelming world.

Following her studies at the Himalayan Institute in Pennsylvania, Suber has spent the past 15 years of her life practicing the craft of yoga and the past three years teaching at SU. In her time practicing and taking in the benefits herself, Suber feels that all in all the practice has helped her to heal in ways she didn't know she could.

"Yoga really saved my life. It got my head



Amy Wojtowicz Graphic

back together; it got my body back together and back in alignment of moving forward," Suber said. "Sometimes when illusions shatter, it can be hard to pick up the pieces, and yoga can really help."

In listing off the many benefits that yoga can bring to one's life, the list ranges from alleviating physical pain to reducing stress and gaining a better awareness of oneself.

Suber revealed that any preconceived notions of the practice should be thrown out the window, for anyone and everyone can be a yogi.

"Specifically, it helps with the mind. I think there's this misconception that you have to be some kind of contortionist to be a yogi or that you have to look a certain way, which is really not the case," Suber said. "The benefits are endless, and they are on and off the mat."

Fitness and wellness professor at SU Susanah Taylor is also a firm believer in the practice of yoga and the many benefits that a class entails. Taylor emphasized that there is a wide variety of yoga practices, and each type provides unique benefits to the mind, body and soul.

Some specific benefits aside from the physical that Taylor highlighted include the bettering of one's immunity health and digestion and extends to the various improvements of one's strength, balance, stability and overall posture.

In an explanation of a specific type of practice called flow yoga, Taylor dove into the practice's specified benefits.

"Flow yoga can be a great way to manage stress, reduce anxiety and improve self-esteem," Taylor said. "Twenty minutes of a yoga flow, twice a week would be beneficial."

SU senior and multimedia journalism major Mara Lightner initially took the course to attain the four credits she needed to graduate; however, she's found the class to bring her a sense of peace and much more to her life than just a simple four credits.

Lightner explained the ways she's seen her life transform over the first few weeks of practicing yoga, highlighting that the practice has provided her with more energy throughout the day.

"Since I've started taking yoga, I've actually been going to the gym too, because I actually feel like I have the motivation," Lightner said.

In being the fundraising chair of her sorority, Alpha Sigma Tau, Lightner often finds herself stressed out, but the breathing practices of yoga have helped her to find a sense of clarity in the madness.

It is just five weeks into the semester, and Lightner feels that this practice is going to be one she carries with her for the rest of her life.

"I'm very hard on myself, and through this course, with the culmination of breathing exercises, self-reflection essays and meditation work, I do think I've been able to take a step back from my daily stressors," Lightner said.

"Yoga's opened my mind to see that in the grand scheme of things. We must treat our mind and body right before all else."

SU students go off-grid this summer

By ANNIE GEITNER/ News editor

OFF-GRID-This summer, Salisbury University is giving students the opportunity to go off the grid. Dr. Ryan Sporer, professor of sociology here at SU, is putting on a class specialized in off-the-grid living.

Sociology of Off-Grid Living is a SOCI 301/ENVR 495 course. It will be sectioned off into two parts.

Sociology of Off-Grid Living is a class that offers students a unique, hands-on experience that one cannot gain in a regular classroom setting. It introduces students to a minimalist, self-empowering way to live.

The type of off-grid living that the class focuses on are Earthships.

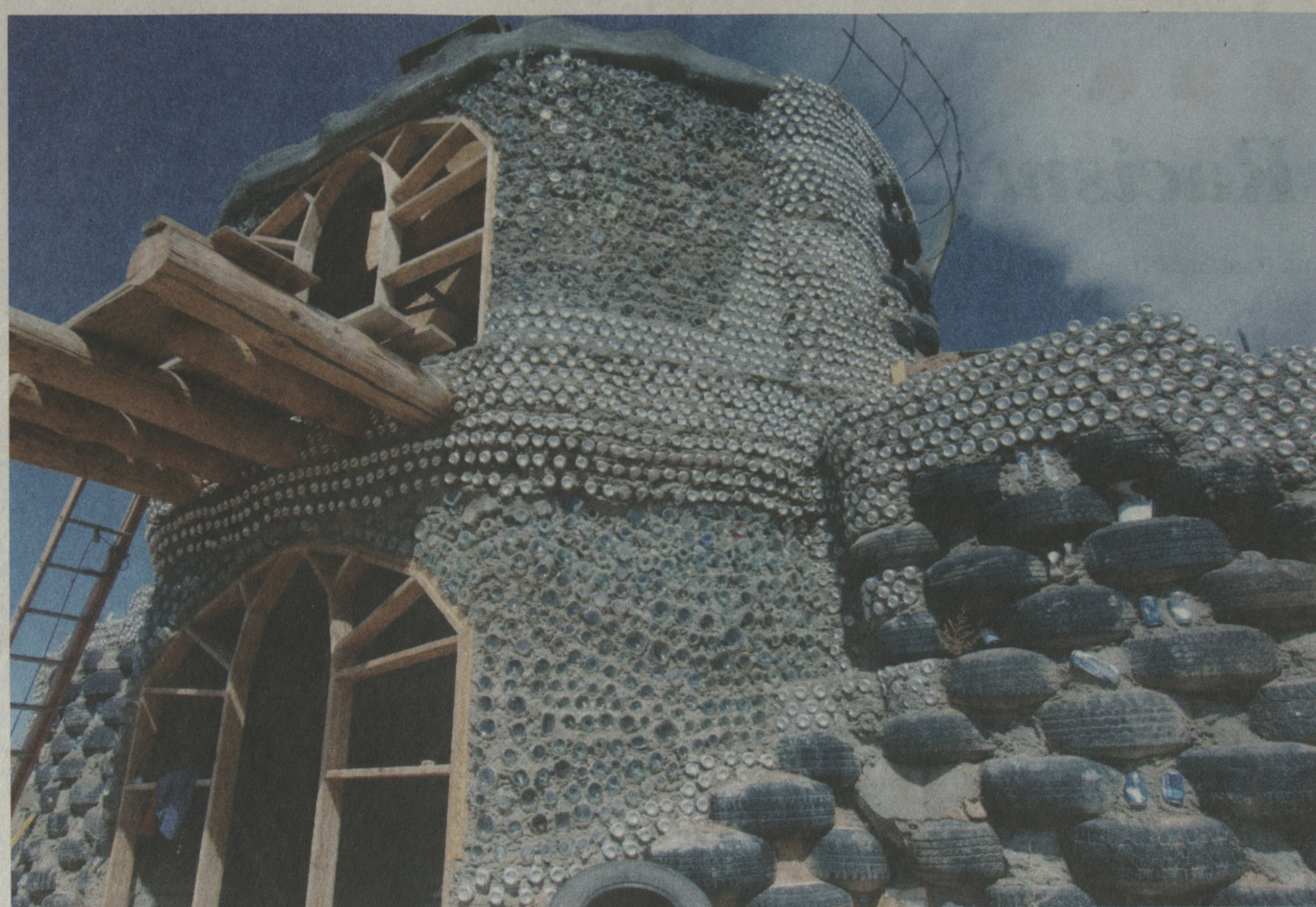
Earthships are homes that are made of natural and often commonly thrown-away items such as tires and glass beer bottles. The idea of an Earthship was created by Michael Reynolds in the 1970s. Reynolds decided that he could solve homelessness with trash that was lying around, and then Earthships were born.

The class will be held here at SU from July 6 to 29. In this portion of the course, students will be digging into why people decide to live off the grid and out of the reach of society as well as the impacts it has on culture and the environment.

Sporer highlighted the main concepts of the course as he delved deeper into the mindset of Earthship-living people.

"People that gravitate towards Earthships are less antagonistic with the government, and more feel stuck with no way out," Sporer said. "You just keep paying bills that keep on going up, and you don't have over control over anything."

The second portion of the class is a week stay in Taos, N.M., where students will not only



Garage Warriors Image

get to build Earthships, but also stay in one.

Other than being an adventure beyond the average study abroad experience, the Sociology of Off-Grid Living course is also very applicable to all students at SU, not just the ones that major in sociology and environmental studies.

Senior Tishina Matthews, who is already signed up for the course, conveyed her reasoning behind her intrigue to take the course.

"I think it applies to everybody," Matthews said. "There's a lot of people who don't want to be confined by society. With an Earthship, you don't have to go through the different companies to provide you with water, electricity, etc."

Matthews talked about how when she first saw the email, she initially wasn't very interested. She really only started to consider the course while watching American post-apocalyptic horror television series "The Walking Dead" with her friend.

"I hate 'The Walking Dead,' but my friend watched it every night, and I was just like, 'Can you turn this off?'" Matthews said. "But it got me thinking, okay, I'm a bio major, what happens, say, when war breaks out or an outbreak

or something and it causes us to lose all our resources and availability."

The threat of not having all the modern conveniences that we enjoy on a daily basis is one reason why people decide to live off the grid. They want to be able to provide for themselves. An Earthship has the infrastructure to collect and store water, grow food and capture sunlight for energy.

Sporer stated that he would like to put on this class every summer, but as of right now, he is struggling to get enough students for the trip.

A lack of interest and a low number of student sign-ups poses a problem for the future of the course because the price is dependent on how many students go on the trip.

Sporer explained the setbacks and highlighted his hopes to bring in a larger group of students.

"I will do the trip with five students minimum, but would love if we could have more," Sporer said.

If you are interested in the course or have questions, contact Sporer at RASPORER@salisbury.edu.

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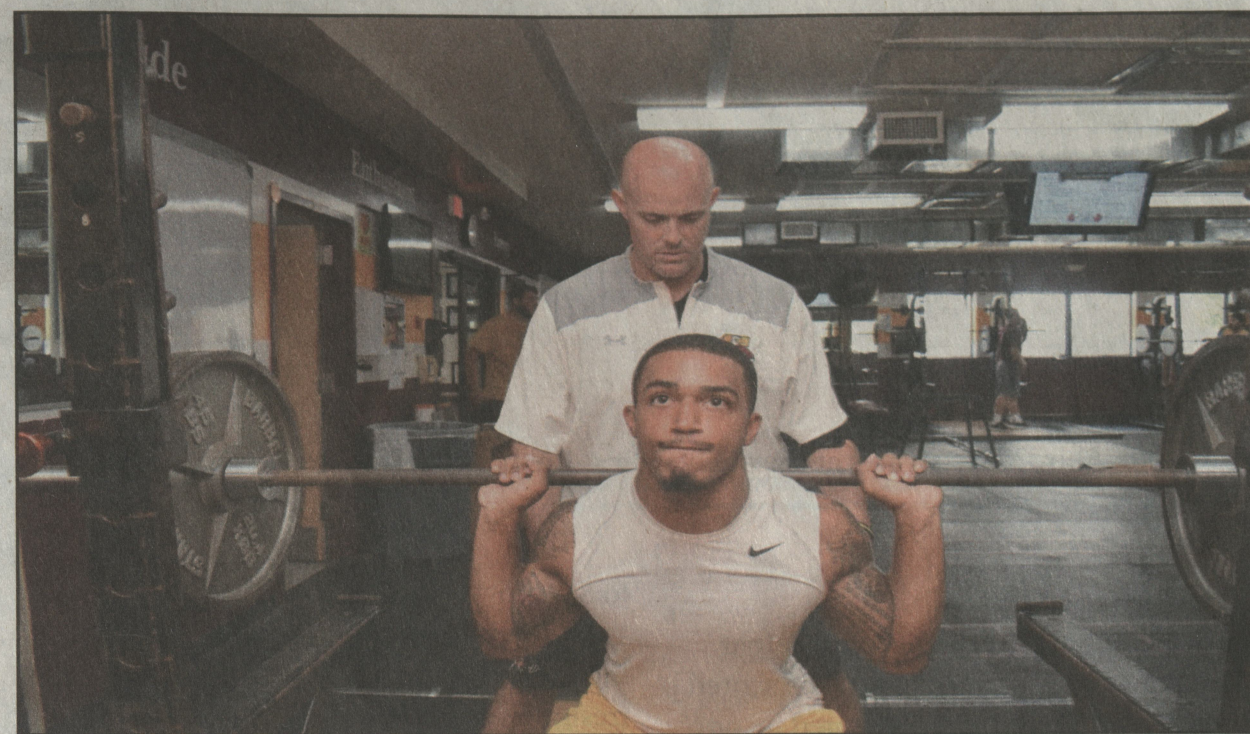
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SPORTS

Matt Nein: An unsung hero of Salisbury athletics



Matt Nein works with an athlete in the weight room / Sports Information Image

By NICK LEWIS/ Sports editor

NEIN-It was a typical Sunday at home for Salisbury University's Coordinator of Sports Performance Matt Nein.

That is, until he received a text from Scott Caulfield, director of strength and conditioning for Colorado College and former head strength and conditioning coach for the National Strength & Conditioning Association.

"Are you making the jump?" the text read.

At the time, Nein had no clue what Caulfield was talking about. And that's when the link came through to an article from Fansided, a network of sports websites dedicated to major professional sports teams.

This article, written by Bret Stuter of the

Los Angeles Rams' website Ramblin Fan, was headlined "5 strength and conditioning coaches the LA Rams must interview." Nein's name made an appearance in the story.

"Being number five on that list ... I'm not gonna lie, that was pretty neat," Nein said.

While being recognized by a Rams writer is a unique experience, Nein has received plenty of recognition for his work. Nein was also named the NSCA College Strength Coach of the Year in 2018.

Nein said being mentioned in the article helps shine a spotlight on what the sports performance side is doing well.

"It's also great for our program and even

from a recruiting standpoint," Nein said. "We're delivering the services that we try to deliver ... that are elite. They're everything that these bigger schools are doing, and that's the product we want to produce every day."

Nein played college baseball for Towson University while working toward his undergraduate degree in health and physical education/fitness. He was redshirted in his first year, did not play in his first year of eligibility and logged just seven innings of play in his second.

But in his fourth year with Towson, his third season of eligibility, Nein saw significant improvements in his performance on the mound. He said that despite being less talented than a lot of the players on the field, he had to be at his peak physically.

"I knew that if I wanted to play, I had to be better than everybody else in anything that I could control," Nein said. "I was never going to throw 90 mph, but what I had control over was my ability to be fit, to be strong, to be powerful and to hone my technique."

Nein saw an opportunity during his junior year in a midweek game against the University of Maryland, Baltimore County. In the start, he took a no-hit bid into the seventh inning and earned his first collegiate victory.

A couple of weeks later, Nein threw a complete game against perennial powerhouse the University of North Carolina at Chapel Hill. He was then given the spot as the fourth starter for the Tigers.

Nein finished that season with a 5-2 record. He received an invite to a collegiate summer league in which he notched a 6-1 record.

NEIN page 15

Senior goalkeeper bringing consistency for Salisbury lacrosse

By DANIELLE TYLER/ Staff writer

ELLIS-Salisbury goalkeeper T.J. Ellis has starred in goal for the top-ranked Salisbury University men's lacrosse team to start the year. With a 7-0 record and a Capital Athletic Conference-best 6.14 goals against average, Ellis has cemented himself as the starting option.

But his journey to get where he is today was much more complicated.

Ellis began playing lacrosse when he was in the fifth grade, and he did not start out between the pipes.

He kicked off his lacrosse career playing as a midfielder. But his high school, Oakdale High School, had no starting option in the goal.

Ellis's coach at Oakdale forced him to play goalie, which launched his love for the goalkeeper position.

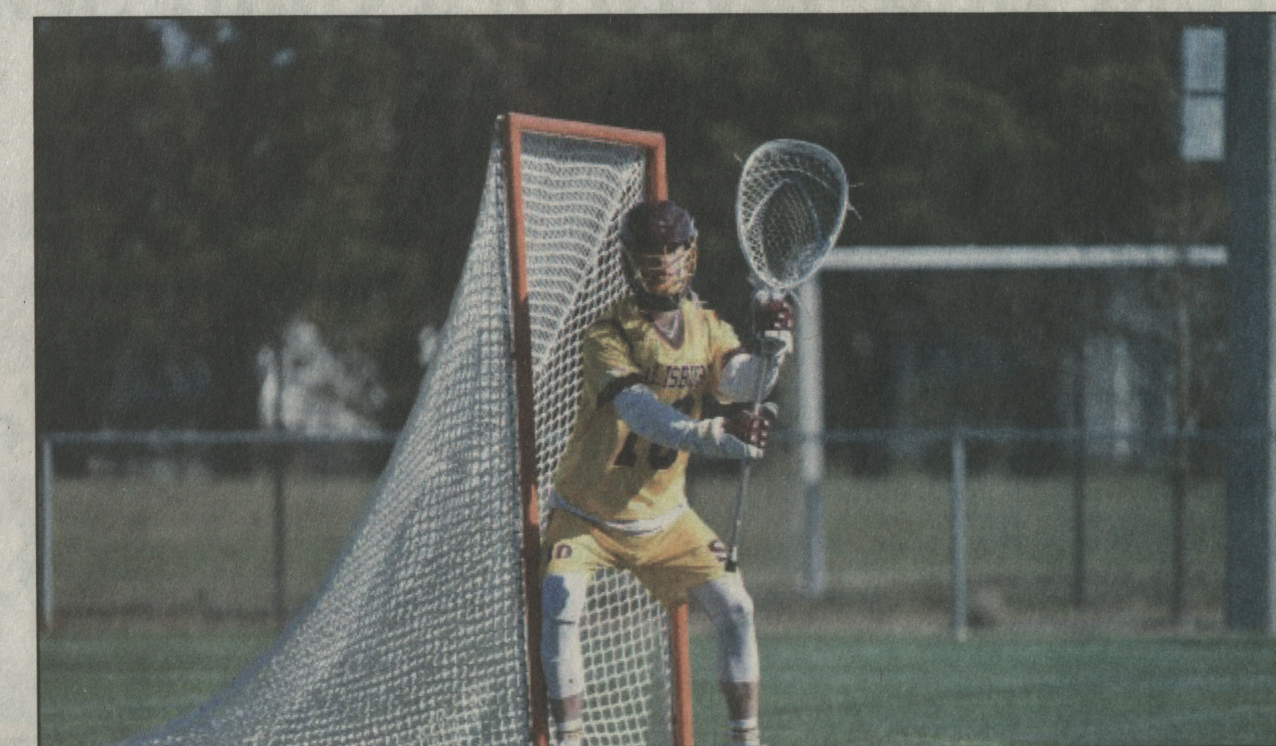
The collegiate career for Ellis has been somewhat more complicated. After graduating, Ellis took his talents to the Stevenson University lacrosse team.

While he was at Stevenson, Ellis said he felt himself begin to fall out of love with the game he once enjoyed.

"Stevenson was not my place. It was just not the right time for me to be at that school," Ellis said. "I didn't really want to play anymore."

He decided to take a semester off and distance himself from the school. After about a month, he began to feel the itch to get back on the field.

Once Ellis found his competitive drive for



T.J. Ellis defends the pipes in a contest with Lynchburg / Sports Information Image

the game again, he began looking into junior colleges. He committed to Howard Community College to play lacrosse in his sophomore season.

Ellis said the coaching staff and his teammates at Howard helped him grow the love for the game he found in high school.

"I loved it there, loved my coach, loved my teammates, and coach [Erik] Foust at Howard got me to where I am right now," Ellis said.

Ellis said that it was a long journey and a long process, but it got him to where he is today.

In one season at Howard, Ellis had 99 saves with a 7-1 record. He also saved nearly 53% of the shots he faced.

During this season at Howard, Salisbury head coach Jim Berkman began recruiting Ellis to join the Sea Gulls. A month into the summer, Ellis committed to Salisbury.

The battle for the starting keeper job at Salisbury was another obstacle Ellis had to overcome.

Then-junior goalie Brandon Warren started for the maroon and gold for much of the

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Salisbury softball's offense thriving with the long ball

By BRANDON STARK/ Staff writer

SOFTBALL-The 16th-ranked Salisbury softball team is amid its best start since the 2015 season, when the Sea Gulls advanced to the NCAA National Championship. With an 11-2 record, they sit just behind 10-0 Christopher Newport University in the Capital Athletic Conference.

Much of this early success has come from the long ball, but the Salisbury offense as a whole has thrived to start the campaign.

Salisbury has 17 home runs through 13 games, which is the second-most in Division III, behind Hardin-Simmons University (24).

Seven different Sea Gulls have hit at least two home runs this year. Senior infielder Kayleigh Edwards leads the team with four home runs, tied for fifth-best in the nation.

Salisbury is coming off a weekend series the weekend of March 1 against Clarkson University and the State University of New York Oneonta. In that four-game series, the Sea Gulls hit nine home runs.

Salisbury head coach Margie Knight said part of their success in the series was pitch selection at the plate.

"We were patient up at bat," Knight said. "We're able to do a good job choosing the right pitch."

Edwards said she strives to make the most of each at-bat and make the best contact with the ball as possible.

"I think it's important just to focus on barreling up and focus on the little things that you need to do, and I think home runs come with that," Edwards said.

Fellow senior infielder Emily Allen ranks second on the team with three homers, including a grand slam against Hood College on Feb. 22. Allen has seen her teammates' hard work at practice show up on game day and knows her teammates are always pushing to improve and excel.

"I think everybody just wants to do really well," Allen said. "I think everybody is really seeing the ball well, and everyone is getting on base ... and then [the next batter is] doing their



Abby Mace swings at the pitch against Rochester / Brad Boardman Image

job and trying to score runs."

The Sea Gulls are averaging nearly eight and a half runs per game. Salisbury has scored in every game so far and has outscored its opponents 110-49.

Edwards said all of this starts with the fundamentals in practice.

"[By] doing the little things in practice, holding each other accountable, really trying to focus on what you need to get done ... that [will lead] to success," Edwards said.

Salisbury's 110 runs scored ranks atop all of Division III this season. Five Sea Gulls have crossed home plate at least 10 times this season, with freshman infielder Maddison Lednum and freshman outfielder Abby Mace leading the way with 16 each.

While Edwards and Allen lead the way in the home run category, the freshmen on the team have already made big contributions.

Mace hit a game-winning RBI double in Salisbury's first game of the season. Lednum currently leads the team with six doubles, while Mace and infielder Madi Lemon both have two home runs this season.

Knight said this level of production is what she saw when she brought this freshman class

to Salisbury.

"I've seen what I expected. In recruiting them, I could see how talented these ten freshmen are, and they're already paying big dividends, so I'm elated with that," Knight said. "They're very strong young women, and they're pretty mature, too, for being freshmen. They play with a lot of confidence, and I think that's what's really helped them at bat."

Looking ahead, the Sea Gulls host the State University of New York Cortland, the College of New Jersey and the University of Lynchburg in the Sea Gull Classic from March 7 to 9.

Knight said the Sea Gulls will face improved pitching in their upcoming games, but having faced good pitching already this season, she feels the Sea Gulls can ride their momentum into the upcoming series.

"We're going to face some really good pitching, we're going to do what we need to do, whether it's a sac fly, a sac bunt, and so we're to try to keep people in scoring position so someone in that very good lineup can knock them in," Knight said. "We've faced three pretty good pitchers, and two of them have shut us down, so hopefully, with another week of practice, we're better than we were last week and take it to our opponents this weekend."

From Blue Jay to Sea Gull: Senior transfer rolling for SU baseball

By THOMAS WEST/ Staff writer

TRANSFER-Since his arrival at Salisbury University, senior pitcher Braden Stinar has been a staple in the rotation for the Sea Gull baseball team.

The senior began his collegiate baseball career at Elizabethtown College, a Division III school roughly 45 miles north of the Maryland-Pennsylvania border.

In his junior season at Elizabethtown, the right-hander commanded the Blue Jay rotation with a 6-1 win-loss record.

There were several factors that played into Stinar's decision to leave his former flock and join the Sea Gulls.

The biggest reason was the mutual interest between Stinar and Salisbury manager Troy Brohawn.

Stinar was on Brohawn's radar during his first three seasons at Elizabethtown. Once he learned that Stinar was transferring, he jumped at the opportunity to recruit the former Blue Jay to finish his career out at Salisbury.

One thing Brohawn loves about the senior right-hander is his poise on the mound, something he also mentioned following his most recent outing.



Braden Stinar delivers to home plate / Brad Boardman Image

"He's aggressive, he throws strikes and he never gets rattled. Back at [Elizabethtown], he was always pitching in big games for them," Brohawn said. "He's a guy who's been in those types of situations before."

The top attribute that Brohawn seeks to develop in his players is work ethic. Brohawn

said this is a Salisbury unit that pushes to be the most hard-working unit in the nation.

That was another area where Stinar fit the bill for the Sea Gulls.

Stinar is absolutely no stranger to putting in the work. The senior spends his off-seasons

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2019 season. He recorded 165 saves and a 17-2 record as the starter.

Meanwhile, Ellis appeared in 15 games last season with 39 saves and a 5-0 record.

Berkman said Ellis won the starting position in the fall. He said he came into practices and played a little bit better, and now he is capitalizing on his opportunity.

"Sometimes, goalies get on a little bit of a roll, and they get a little confidence, and right now, T.J. has a lot of confidence," Berkman said. "You see it in how he clears the ball, the way he carries himself on the field and his performance in practices has won over the team's confidence."

During the 2020 season, Ellis has seen over 260 minutes of action in goal. The other three keepers for Salisbury have combined for about 38 minutes.

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He would go on to receive his master's degree in applied health physiology from Salisbury University. Despite his passion for baseball, Nein realized he had just as strong a pull toward the strength and conditioning side of athletics.

He contacted every Major League Baseball team on the East Coast, looking for internships in strength and conditioning with baseball.

Former Baltimore Orioles head strength and conditioning coach Tim Bishop reached out, providing Nein an opportunity. He helped with various weekend camps, getting him some experience in the field he was passionate about.

Shortly after, a seasonal job in strength and conditioning for the Toronto Blue Jays opened. Nein was hired to work in short-season and in extended spring training as a Minor League strength and conditioning coach.

Looking for jobs in the field, Nein saw an opening at Salisbury University and left his job two weeks before the season ended to return to the school he attended less than a year prior.

Nein and the sports performance program work with athletes across SU's 21 varsity sports. On top of improving athletes' fitness, the pro-

On Feb. 25, Ellis was named to the United Stated International Lacrosse Association Team of the Week for the week of Feb. 16 to 22. During this week, Salisbury defeated No. 10 Gettysburg College 11-5.

Ellis helped shut down the Gettysburg offense by allowing just five goals on 30 shots faced. He had eight saves and held the Bullets from scoring until the end of the first half to help the Sea Gulls stay undefeated.

Senior defender Drew Borkowicz said this is the best performance he has seen out of Ellis in his time with the team.

"Last year, we definitely struggled with goalie play. This year, T.J. came in and was focused on what he needed to take care of," Borkowicz said. "I feel like his defense really helps him out, and I'm seeing him play the best I have ever seen him play."

Now having been on both ends of the starting keeper battle, Ellis said he understands the

main goal, which is to win games.

Ellis explained that though he is enjoying being the main guy between the pipes, the team's overall success is what truly matters.

"The best player is going to play here. It's tough if you don't start, but the atmosphere here with all these guys is it's the team first," Ellis said. "So, if I'm not the right goalie that's going to be in, then that's okay with me, because as long as we're winning games, that's all that matters."



gram also handles injury prevention for the athletes.

Using various models, it can project the amount of fatigue players will experience based on the intensity of their practice.

All of these things go into what Nein calls "readiness." He views this as the physical ability to execute on game day.

"We use the equation 'preparedness + readiness = optimal performance,'" Nein said. "Preparedness is the skills and abilities they've been developing at practice ... and the readiness piece is, are they able to implement that on any given day, at an optimal level?"

He also said that strength and conditioning play an important, if not overstated, role on the outcome of each game.

"In this field, too often, strength and conditioning is looked at as the role in wins and losses," Nein said. "I believe that a paradigm shift needs to happen in the field ... We really only have one-third of the equation."

This equation includes athletic ability, skill and mentality, all of which add up to what Nein calls "optimal performance."

While strength and conditioning coaches can improve an athlete's fitness, they typically cannot teach specific skills or control the mind-

set of a player going into a game.

Athletes are not the only ones that benefit from a nationally recognized sports performance program. Nein said getting Salisbury's name out there helps bring in better coaches and makes the program better as a whole.

"It becomes a cyclical loop," Nein said. "If I bring better coaches in, our athletes get better coaching. The only way we're gonna get better coaches in is if we get coaches out of here and get them jobs. The only way they're gonna get jobs is if people know our program."

"We're a small school, [a] Division III program competing against major Division I ... they're producing graduate assistants and interns, just like we are."

At the end of the day, helping athletes reach a higher level of fitness is the main goal for Nein and the program.

Nein said the main goal is to encourage a lifestyle of fitness for the athletes he works with.

"Our vision is to make sure that our athletes love fitness," Nein said. "They're gonna be the coaches of our kids and things like that, so we want to push the correct stuff ... If they don't love it here, they're not gonna love it later."

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in his hometown of Forest Hill, Md., where he trains and helps coach at his brother's baseball facility called the Velo Farm.

Finding a team with a competitive atmosphere was something Stinar took into consideration when making the decision regarding where he would play baseball this season.

"Coach Brohawn brought me in, and I knew what this team was about," Stinar said. "I see the way they play, and they're a bunch of really competitive guys and hard workers, and it was really easy for me to buy in. It's really been a perfect fit."

The Sea Gulls currently hold a 6-2 record and rank second in the Capital Athletic Conference behind only Southern Virginia University. The team also ranks ninth in the d3baseball.com/National Collegiate Baseball Writers Association Poll as of March 5.

With the arrival of Stinar and fellow transfer Colt Stenkowski to come alongside a talented freshman class, Brohawn spoke very highly of his pitching staff heading into the season. The Salisbury manager said he felt comfortable running 12 to 13 arms out on the mound.

Despite the depth on the mound, the pitching staff has had its struggles. The unit has allowed six or more runs in three of its eight games so far this season.

Stinar, however, has certainly been a bright spot for the Sea Gulls. The right-hander is 2-0 on the year, registering a 2.95 ERA among his three starts thus far.

The senior most recently received Capital Athletic Conference Pitcher of the Week honors for his performance against the State University of New York Oswego on Sunday.

The right-hander came up big on several oc-

casions for the Gulls, stranding seven runners on base by getting some big outs with runners in scoring position.

"My fastball command was not quite where I would like it to be," Stinar said. "I was still able to find the strike zone and use some of my off speed pitches to get out of trouble."

As much as he loves the game, Stinar said he is prepared for a life beyond baseball. A political science major, he has been accepted into graduate school, where in the coming fall, he will continue to study in his field.

Before that, though, he still has some business to take care of on the diamond.

Stinar will be back on the mound the weekend of March 7-8 for the Gulls as they get set to take on No. 22 Johns Hopkins University.

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Salisbury swimmer brings home CAC Swimmer of the Year



Josh Brown poses with his medals from the Capital Athletic Conference Championships / Sports Information Image

By BRANDON STARK / Staff writer

BROWN-The Salisbury men's and women's swim teams left the Capital Athletic Conference Championships with fourth-place finishes. Senior Josh Brown was named the swimmer of the meet and the CAC Men's Swimmer of the Year.

Brown said the award reflects well on the university.

"It's great, especially for Salisbury swimming. It's good to have not only swimmer of the meet, but swimmer of the year goes to Salisbury," Brown said.

Brown becomes the second-ever Sea Gull to win CAC Athlete of the Year under head coach Jill Stephenson and the first to win CAC Swimmer of the Meet.

Stephenson said it was an honor to see one of her athletes win both awards this season.

"It's awesome ... We've only had one other male swimmer receive that in all the years I've been here," Stephenson said. "[For Brown] to be the first recipient of the new award, that'll forever be history."

Brown won three individual conference championships in the 50-yard free, 100-yard fly and 100-yard IM. He also medaled in the 200-yard free, 200-yard medley, 400-yard free and 400-yard medley.

He broke his own school records in the 50-yard free, both in prelims by a tenth of a second (20.71) and in the finals (20.46). His school record in the 100-yard fly also fell with a time of 49.78.

The conference record in the 100-yard IM would not survive the meet either, as Brown topped the mark by .64 seconds with a time of 51.18.

Brown said coming into the meet, he was focused on fighting until the end.

"When you get behind the blocks at championships, [it's] just putting everything behind you and coming in with the mentality that you want to win and fight and do whatever it takes to win," Brown said.

But Brown's career did not begin in the maroon and gold. Brown transferred from Saint Bonaventure University in New York to come to Salisbury University.

The former Bona Wolf said he was attracted to Salisbury's affordability, exercise science program and swim team.

Brown said meeting the swim team helped him feel more comfortable during the transition.

"When I stepped foot on campus, I really liked the campus atmosphere. I enjoyed that a lot," Brown said. "Then, when I met the swim team, I felt that I really fit in very well with

[them], and that meant a lot to me being a transfer for [Salisbury to have] a close team."

Stephenson has seen Brown improve in maturity, academics and athletic performance from when he joined Salisbury to now.

"He was a very solid swimmer when he came in here, and he's done nothing but get faster," Stephenson said.

Brown was the second Sea Gull to be named CAC Swimmer of the Week earlier in the season, during the week of Jan. 27. In SU's one-point victory at St. Mary's College of Maryland, Brown won the 50-yard free in 21.58, the 100-yard fly in 54.59 and the 200-meter freestyle medley relay with fellow senior Richard Baker and juniors Kyle Russle and Brandon Hogland with a time of 1:39.48.

The Sea Gull coaching staff has had a big impact on Brown. Trusting their process, Brown feels he has made the most of the opportunities afforded to him as the Sea Gulls prepared for competition this season.

"I'm very thankful I have been able to drop time every year here at a pretty consistent basis," Brown said. "Even if I wasn't always in the right head space, I think that the training and teammates I had around me really helped me out dropping time."

Stephenson said Brown is a leader and a role model for some of the younger members on the team.

"[The freshmen] have seen him every day after practice get out and work with our assistant coach on starts, and they have really seen what it means to put your heart and soul into it and work for what you want," Stephenson said.

As Brown awaits potential seeding in the NCAA Division III Swimming and Diving Championships, he said he is trying to stay in the best shape possible.

Despite Maggs Pool being closed due to renovations, Brown has found a way to stay in shape and stay in the pool.

"I'm back in the weight room some getting my strength back a little bit," Brown said. "Because we don't have the pool right now, I've been swimming with my club team some days."

The Division III Championships take place from March 18 to March 21 in Greensboro, N.C.

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